

# VIODINE POVIDONE-IODINE

Concentrated Gargle for Sore Throats

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## Consumer Medicine Information

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### What Viodine Concentrated Gargle Contains

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7.5% w/v (75mg/mL) Povidone-iodine USP equivalent to 0.75% w/v available iodine in Ethanol 30% v/v.

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### What Viodine Concentrated Gargle is used for

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Viodine Concentrated Gargle is used to treat sore throats. Sore throats are usually caused by bacterial or viral infection of the throat although other irritants (e.g. smoking) may contribute. Viodine Concentrated Gargle actually kills most bacteria or viruses associated with sore throats within 30 seconds of contact.

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### How to use Viodine Concentrated Gargle

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#### Adults and children aged 12 years and over:

Viodine Concentrated Gargle must be diluted before use.

- Dilute 1mL to 20mL with water using the measure provided.
- Gargle for at least 30 seconds then expel.
- Do not swallow.
- Repeat every 3-4 hours if necessary.
- Do not heat prior to application.
- Each 15mL bottle of Viodine Concentrated Gargle is sufficient for an average of 3-4 days treatment.

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### Safety Precautions when using Viodine Concentrated Gargle

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- Not recommended for children under 12 years.
- The product should not be used by young children who may inadvertently swallow the solution.

**Do not take Viodine Concentrated Gargle if you are pregnant or plan to become pregnant or if you are breastfeeding or plan to breastfeed.**

- If local irritation or inflammation occurs, discontinue use.
- Should severe sore throat persist for more than 2 days and be accompanied by fever, headache, nausea or vomiting, consult your doctor.
- Viodine Concentrated Gargle will not permanently stain the teeth, skin or natural fabrics.

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### When Viodine Concentrated Gargle must not be used

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- Do not use if allergic to iodine.
- Do not use if known to have thyroid disease including goitre (swelling on the neck caused by enlargement of the thyroid gland), thyroid nodules or other thyroid diseases (especially elderly patients) as there may be a risk of developing hyperthyroidism (an overactive thyroid gland) from the administration of large amounts of iodine.

- It should not be used for four weeks prior to treatment for cancer of the thyroid.

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### Interactions with other medicines

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The combined use of a hydrogen-peroxide mouthwash and povidone-iodine mouthwash can lead to a weakening of the effects of both substances. If iodine is absorbed into the body this medicine may interfere with thyroid function and other diagnostic tests.

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### Side effects

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Medicines and their possible side effect can affect people in different ways. The following are some of the side effects that are known to be associated with this medicine. Because a side effect is stated here, it does not mean that all people using this medicine will experience that or any side effect.

- Irritation of the lining of the mouth and throat.
- Side effects within the body if excessive amounts of iodine are absorbed.

Other side effects not listed above may also occur in some people.

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### If you use too much

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For advice contact a Poisons Information Centre (Phone Australia 13 11 26; New Zealand 0800 764 766) or a doctor at once.

An overdose of iodine can lead to acute iodine toxicity. Effects

include stomach discomfort, insufficient production of urine, failure of the circulatory system to provide adequate amounts of blood to body tissues, metabolic abnormalities and impaired breathing.

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## Storage and Presentation

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Store below 25°C.

Keep out of reach of children.

AUST R 10827: 15mL plastic dropper bottle with measuring cup.

For batch and expiry see label or carton.

Do not keep out of date medicine.

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## Manufacturer

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ORION Laboratories Pty Ltd  
25-29 Delawney Street,  
Balcatta, Western Australia  
6021 AUSTRALIA

Telephone: +618 9441 7800  
Fax: +618 9441 7888  
FREE PHONE: 1800 805 546  
FREE FAX: 1800 004 110  
EMAIL: customerservice@orion.net.au

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